** TONSIL AND ADENOID**

**DISCHARGE INSTRUCTIONS**

**FOLLOW UP CARE**

* Severe sore throat is common, do not expect to be pain free
* Ear pain is normal and should resolve in 2 weeks
* Bad breath can last for 1-2 weeks
* Tongue pain and changes in taste should resolve in 2 weeks
* Foreign body sensation in the throat when swallowing is common
* Blood tinged saliva the day of surgery is common
* Drooling may occur for 1-2 weeks
* A follow up appointment is not usually made for tonsil surgery, if you feel you need to see your doctor, please call the office to make an appointment

**WHAT TO DO FOR BLEEDING**

* Bright red blood from the mouth or nose can occur for up to 2 weeks. Gently gargle with ice cold water for 10 minutes, if this does not stop the bleeding or if bleeding is severe, call your doctor immediately

**ACTIVITY**

* Do not drive for 24 hours or while taking narcotic pain medication
* No heavy lifting or strenuous activity for 2 weeks
* Smoking impairs healing and should be avoided

**DIET**

* There are no restrictions on what your child can eat, however we recommend soft foods for the first 2 weeks.
* Encourage fluids

**MEDICATIONS**

* Prescription (s) will be sent with you. Use as directed.
* See PAIN CONTROL sheet for additional instructions.

**PROBLEMS TO WATCH FOR**

* Fever over 101.4 • Uncontrolled Nausea/Vomiting
* Not drinking or eating • Unable to urinate
* Uncontrollable bleeding from nose or mouth

**Call your doctor with ANY problems that concern you:** Phone # (843) **766-7103**. If you need immediate attention, go to the nearest Emergency Department.

**I have read, been read, and verbally repeated back instructions and understand them. A copy has been given to me.**

**Date of Follow-Up Visit \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Time \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Patient/Responsible Party Nurse Signature**